



You may know the Indiana State Poultry Association (ISPA) as the office where you send the 4-H Poultry Superintendent Reports, but please examine the materials that the ISPA has included in this packet!

NOVEMBER 2017



HOOSIER TURKEY HAS A NEW WEBSITE

Raise your hand if you are going to have turkey at some point in the month of November. Got your hand up? Great, then have I got news for you! Your Indiana turkey farmers are proud to announce a new website:

www.YourIndianaTurkeyFarmers.com

Here you will find all kinds of information about the Hoosier turkey industry. The website features great tips on how to cook turkey, from roasting a whole bird to how best to prepare various cuts of turkey. The recipe

section is full of bright colored images of turkey dishes, clicking on each image takes you to the recipe. Because turkey farmers care deeply for their birds there is a page all about modern turkey farming in Indiana. Watch a video tour of a turkey farm on the website. Lastly there is a page which contains a number of free-to-download flyers on all kinds of turkey related information. Save it to your Favorites list and visit often for ever changing content.

OUR OFFICE IS MOVING

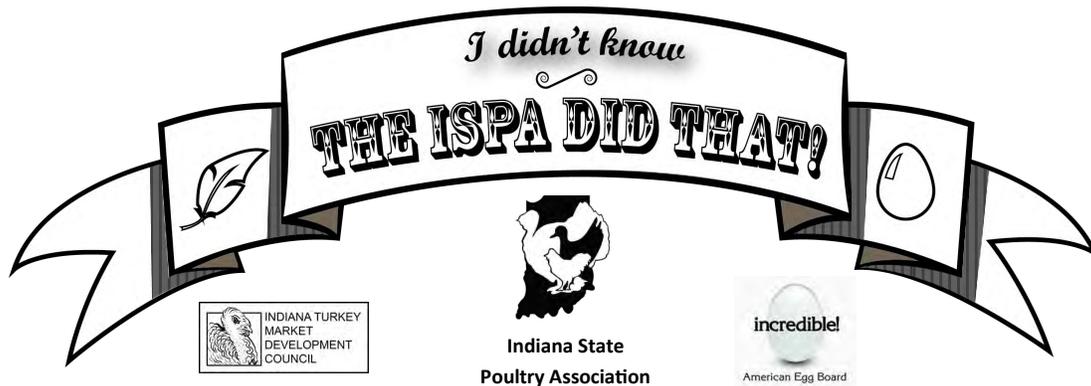
The Indiana State Poultry Association is moving into Hobert and Russell Creighton Hall of Animal Sciences at the end of the month. Creighton Hall is the new home of Animal Sciences at Purdue University. The ISPA and Purdue University have a long history together and we look forward to many more years of collaboration and cooperation together in the new building. Our New Address is: 270 Russell Street, West Lafayette, IN 47907 but our email and phone number are staying the same.

2018 BIOSECURITY FOR THE BIRDS CALENDARS STILL AVAILABLE

The 2018 Biosecurity For the Birds Calendars showcase twelve months of vibrant poultry portraits! Special shout out for the month of November, which was provided by a local Greene County volunteer! We are very thrilled to have Hoosier poultry represented in the Calendar! Each month features a different biosecurity tip including several pages of biosecurity information and a section on recognizing the symptoms of Avian Influenza. **To order calendars go to www.inpoultry.com/2018biosecuritycalendar.**

TURKEY LEFTOVERS

It wouldn't be Thanksgiving without leftover turkey after the big day. Sprinkled throughout this newsletter are great recipes for using the leftover turkey from breakfast to dinner. Enjoy and have a great Thanksgiving Holiday.



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ULTIMATE DAY AFTER SANDWICH - Use up all those leftover Thanksgiving Meal ingredients.

INGREDIENTS: 1 Cup Mayonnaise; 1 tsp. Horseradish; 1/2 Cup Cold Water; 1 Cup Sugar; 12 Ounces Fresh Cranberries (washed); 1 Orange (zested); 1 Tbsp. Unsalted Butter; 1/4 Cup Sweet Onion (diced); 1/2 Cup Celery (minced); 3/4 Cup Stock (Turkey or Chicken); 6 Cups Dried Bread Cubes; 1 Large Egg (beaten); 2 Tbsp. Fresh Sage (chopped); 1 Pound Turkey Sausage (cooked and cooled); 20 Slices Bread (your favorite type); 2 1/4 Leftover Turkey (cut into slices); 2 Thin Slices Red Onion

DIRECTIONS: **HORSERADISH MAYONNAISE:** Mix together. Cover and refrigerate.

ORANGE & CRANBERRY RELISH: Mix water, sugar, cranberries and orange zest together in a medium saucepan. Heat over medium heat, stirring occasionally, until the sugar dissolves. Increase heat to medium-high and simmer, uncovered, until cranberries pop and mixture begins to thicken, about 8-12 minutes. Cool, cover and refrigerate.

SAGE & SAUSAGE STUFFING: Melt butter in a heavy sauté pan. Add onion and celery and sauté until softened. Transfer cooked vegetables to a large bowl. Add bread cubes and gently stir in stock until moistened. Fold in beaten egg, fresh sage and cooked sausage. Spray a loaf pan with nonstick cooking spray and pat dressing into the loaf pan. Bake in a preheated 350° F oven for 20+ minutes or until set and the internal temperature reaches 165° F.

SANDWICH ASSEMBLY: For each sandwich, spread a thin layer of horseradish mayonnaise on bread slices and top one bread slice with red leaf lettuce leaves. Pile on 3 ounces leftover cooked turkey breast slices. Top with a scoop of cranberry-orange relish. Cover relish with a 1/4-inch thick slice of sausage and sage dressing. Separate red onion slices into rings and cover sausage dressing with 3-4 red onion rings. Add the top bread slice and serve immediately.



APPLE CRANBERRY TURKEY SALAD

INGREDIENTS: 3 Pounds Leftover Turkey (white and/or dark meat); 1/2 Cup Red Onion (diced); 1 Cup Apple (Gala or Fuji - diced); 1/2 Cup Dried Cranberries, 1/8 Cup Italian Parsley (chopped); 1/2 Cup Walnuts (medium pieces); 1/2 Cup Mayonnaise; 1/4 Cup Honey Mustard Dressing; 1/2 Cup Green Onions (small slices); 1 Tbsp. Lime Juice; 1 tsp. Black Pepper; 1 tsp. Kosher Salt; 6 Croissants; As needed Bibb Lettuce Leaves

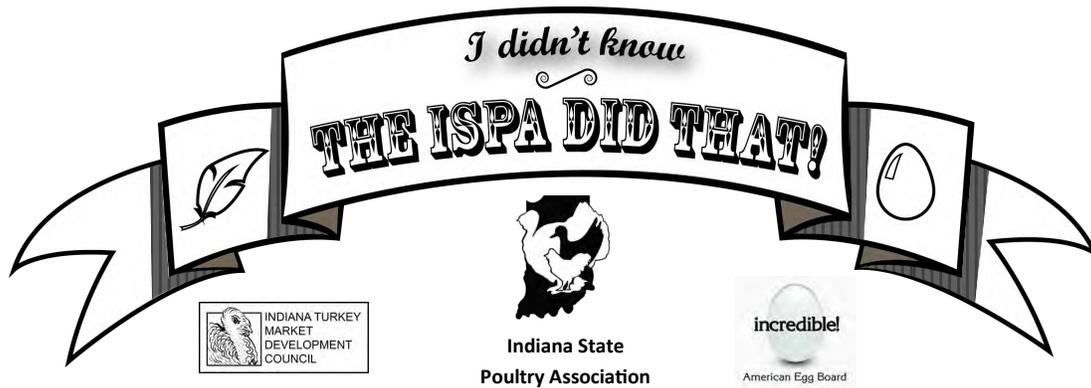
DIRECTIONS: 1.) Using cooked and chilled leftover turkey, shred white and/or dark meat (as desired) into random 1" shreds and place in a large mixing bowl. 2.) Add onions, apples, cranberries, parsley, walnuts, mayonnaise, dressing, green onions, lime juice, salt and pepper. Mix well to evenly incorporate. Add additional salt and pepper if needed to adjust taste. Hold refrigerated until ordered. 3.) **TO BUILD:** Place one leaf of bibb lettuce on the bottom half of a croissant. Top with 1 cup of Turkey salad mix. Top with other half of croissant and serve immediately.

CHEESY BUFFALO TURKEY DIP



INGREDIENTS: 2 Pounds Leftover Roasted Turkey (chopped and shredded); 1 Cup Hot Sauce; 2 (8 ounce) Packages Cream Cheese (softened); 1 Cup Ranch Dressing; 2 Cups Cheddar Cheese (shredded, divided into 1 cup portions); Your Favorite Tortilla Chips (for dipping); Celery Sticks (trimmed - for dipping)

DIRECTIONS: 1.) Combine the turkey and hot sauce in a stainless steel bowl. Blend in the cream cheese and ranch dressing and fold in 1 cup of cheddar cheese. 2.) Spray a baking dish with cooking spray. Pour turkey and cheese mixture into baking dish. Top with remaining 1 cup of cheddar cheese. 3.) Bake at 375 degrees F for 20-30 minutes, until golden brown on top and 165° F on the inside. Serve with chips and celery sticks.



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THE BEST WAY TO THAW A WHOLE TURKEY

There are two tried and true methods for thawing a whole turkey, they are the refrigerator method and the cold water method.

REFRIGERATOR METHOD: Thaw breast side up, in its unopened wrapper on a tray in the fridge. Allow at least 1 day of thawing for every 4 pounds of turkey.

COLD WATER METHOD: Thaw breast side down, in its unopened wrapper, with enough cold water to cover turkey completely. Change water every 30 minutes to keep turkey chilled. You will need about 30 minutes of thawing time per pound.

ROAST TURKEY—YOUR NEW STANDARD

1. Take the turkey, already thawed at appropriate temperatures, and remove the plastic wrapping from the outside of the whole turkey.
2. Remove the giblets (the gizzard, heart, and the liver) and the neck from the neck and body cavities.
3. Preheat the oven to 325°F.
4. Place the turkey breast-side up on a metal cooking rack in a shallow pan or in a covered roasting pan with approximately 2-inch sides.
5. Insert an oven proof meat thermometer into the thickest part of the thigh, not touching bone.
6. Season the turkey. To season the turkey, coat with vegetable oil or nonstick spray and then sprinkle the inside and outside of the turkey with your favorite herbs and spices. Or, try our recommended Herb Mustard Rub:

HERB MUSTARD RUB - Combine 4 Tbsp. olive oil, 1 tsp. minced garlic, 1 tsp. dried rosemary, 1 tsp. dried sage leaves, 2 tsp. Dijon mustard, and salt and pepper, to taste. Rub over the surface of the turkey.

7. Tie the drumsticks together with cotton kitchen string unless already secured with a clamp or band of skin. Twist the wing tips behind the back on each side for uniform cooking.
8. Cover the turkey loosely with foil or lid. Roast the turkey for the recommended time in the chart, the oven proof meat thermometer should read 170° F in the breast.
9. Remove the foil during the final 30-45 minutes of roasting time, allowing it to brown.

TIP: Don't toss the giblets and neck in the trash, they can be cooked separately to produce a nice gravy for your bird or make an excellent addition to your favorite stuffing recipe.

Roast (conventional oven)	Roast (convection oven)
8-12 lbs: 2.75-3 hrs	8-12 lbs: 1.75-2.25 hrs
12-14 lbs: 3-3.75 hrs	12-14 lbs: 2.25-3 hrs
14-18 lbs: 3.75-4.25 hrs	14-18 lbs: 2.75-3.25 hrs
18-22 lbs: 4.25-4.75 hrs	18-22 lbs: 3.25-3.50 hrs



TURKEY MIGAS

A great way to use the leftover turkey for breakfast.

INGREDIENTS: 1 Tbsp Vegetable Oil, 1 Ounce Yellow Onion (diced), 1 Ounce each of Green and Red Bell Peppers (seeded and diced), 1 Ounce Jalapeno Pepper, 1 Ounce Zucchini (diced), 3 Ounces Leftover Turkey (chopped), 3 Large Eggs, 2 Ounces Fried Corn Tortilla Strips, 3 Ounces Monterey Jack Cheese (shredded)

DIRECTIONS: 1.) Heat oil in a skillet over medium heat. Add onion, bell peppers, jalapeno pepper and zucchini. Cook and stir until vegetables are soft. Stir in turkey. 2.) Meanwhile, scramble eggs in a separate skillet until eggs are soft-set (i.e. just barely cooked through, eggs will have a shine to them). Add cooked eggs to vegetable/turkey mixture. 3.) Put a scoop of the egg/turkey/vegetable mixture on a plate and sprinkle with tortilla strips and cheese.

TIP: Before plating, turn your oven to Broil and place the plate under the broiler for a for a minute or two to melt the cheese. Serve with your favorite salsa and flour tortillas.

TURKEY BLACK BEAN SWEET POTATO SOUP

INGREDIENTS: 1 Tbsp Extra Virgin Olive Oil, 1 LB Ground Turkey, 1 Medium Yellow Onion (chopped), 4 Celery Stalks (chopped), 3 Garlic Cloves (minced), 1 Large Sweet Potato (peeled and cut into bite size pieces), 1 Can Black Beans (rinsed), 2 Bay Leaves, 3 Limes, 1 Tbsp Sweet Paprika, 2 Tsp Smoked Paprika, 1 Tsp Cumin Powder, 1/2 Tsp Sea Salt, 1/2 Tsp Black Pepper, 6 Cups of Chicken Stock

DIRECTIONS: 1.) Heat oil in large pot over medium heat. Add ground turkey and cook until browned (about 5 minutes). 2.) Add in onions, garlic, and celery and cook for 3 minutes. 3.) Stir in all seasonings and spices. 4.) Toss in black beans and sweet potatoes. 5.) Add bay leaf. Squeeze two limes into mixture. 6.) Pour in chicken stock and let soup come to a boil. Reduce heat to low and let simmer for a minimum of 30 minutes. 7.) Soup can be transferred to a crockpot and keep on low for 2 hours if preferred. 8.) To serve, remove bay leaf. Ladle soup into a bowl and top with freshly chopped cilantro and a squeeze of a lime wedge.

Introducing a new website all about the Hoosier Turkey Industry!

www.YourIndianaTurkeyFarmers.com



Brought to by the Turkey Market Development Council, this new website aims to be your resource for the latest in turkey recipes, tips on mastering turkey in the kitchen, and giving you a window into the world of turkey farming in Indiana.



A Sneak Peek at the Home Page



The screenshot shows the top navigation bar with links: HOME, COOKING TIPS, TURKEY RECIPES, TURKEY FARMING, and DOWNLOADS. Below the navigation is a large banner image of a turkey with the text "YOUR INDIANA TURKEY FARMERS".

Turkey is the Perfect Protein!
Every day Your Indiana Turkey Farmers work hard to bring you the best turkey products on the market.

Now we want to share our turkey expertise with you by sharing our favorite recipes, cooking tips and how turkeys are raised in Indiana.

How to Use Turkey in Your Recipe
Turkey is a versatile meat that comes in a variety of cuts. Learn about all the cuts and suggested ways in how to cook them.

Turkey Recipes
Turkey meat can be added to just about any recipe you love. Or let us inspire you with a wide variety of turkey dishes from around the world. There are recipes for every meal from breakfast to dinner to the midnight snack. Yes.

Hoosier Turkey Farmings
Hoosier turkey farmers take great pride in their birds. Learn all about turkey farming here.

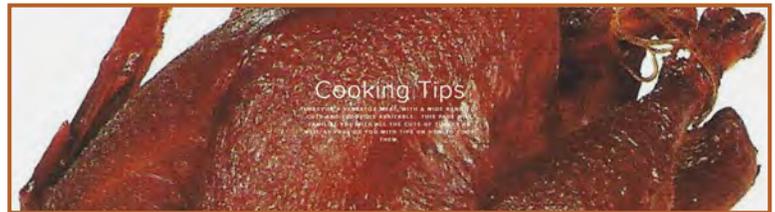
TEACH ME TO COOK TURKEY **INSPIRE ME** **LEARN HOW TURKEYS GROW**

TURKEY IS

Nutritious: A 3 ounce serving of skinless turkey breast has more protein than chicken or beef and zero percent saturated fat.

Economical: Turkey is a great way to trim grocery expenses by making use of the entire bird and incorporating the leftovers into future meals.

Tour the Website



Cooking Tips: Turkey is a versatile meat. This page offers information on the many different turkey cuts as well as suggestions on to prepare them. You will also find out how to thaw a whole bird, with our fool-proof guide to roasting a turkey.



Turkey Recipes: Spectacularly, mouth-watering images of turkey recipes. Clicking on your favorite picture will send you to the recipe. Recipes change with the seasons, turkey is tasty year-round.



Turkey Farming: Hoosier turkey farmers take great pride in their farms. Here you will learn how turkeys are raised and how producers are caring for their birds. Watch a video tour of a turkey farm hosted by Temple Grandin Ph.D., professor of animal science at Colorado State University.



Downloads: Need more recipe inspiration? This page has a number of themed flyers to download and share. Keep checking often as selections will change with the season.

Visual Guide to Popular Turkey Cuts of Meat

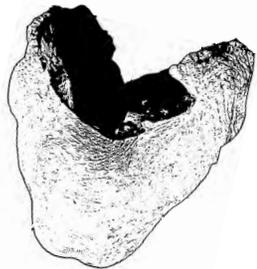
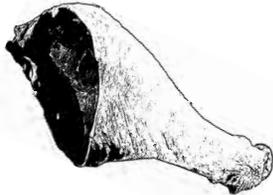
GROUND TURKEY MEAT:

Usually sold in prewrapped packages of 1 or 2 lbs.



TURKEY WINGS: A little larger than a chicken wing. Try these with your favorite wing sauce.

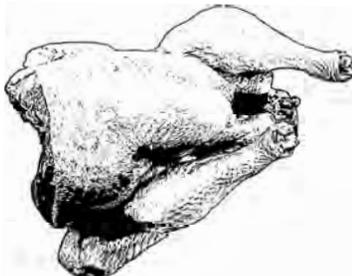
TURKEY LEGS: Great for roasting, a single leg can feed two people.



BONE IN BREAST: The perfect cut for when you don't want to roast the whole turkey.

WHOLE TURKEY:

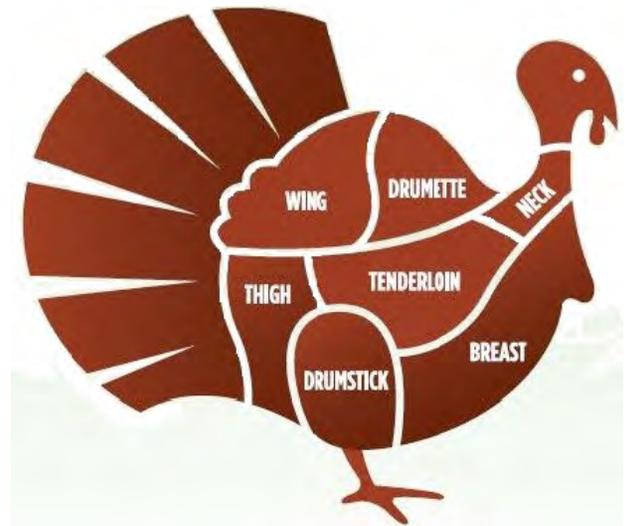
Before roasting, coat outside with Olive Oil, season with salt and pepper and lightly cover breast with aluminum foil to prevent over-browning.



Other Tips For Preparing Turkey:

- Purchase one pound of turkey per person to be served. This formula allows for the holiday meal plus a little left over to put in your favorite "leftovers recipe."
- Select the size of turkey based on number of servings needed. There is no real difference between female (hen) and male (tom) turkeys in tenderness, white to dark meat ratio or other eating qualities. Hens typically weigh between 14 to 16 pounds and toms 15 pounds on up, so choose the size which best fits the number of dinner guests you expect.
- Ensure that the packaging is intact and avoid purchasing a bird with packaging that has rips or tears.
- A whole frozen turkey may be stored in your freezer for up to 12 months. Take advantage of grocery store sales, buy one for now and one for later.
- Select alternative turkey cuts if you are having a small gathering for the holiday. You can always ask the butcher to cut a whole fresh bird into two halves, roast one half and freeze the other half for a later occasion.

A Shoppers Guide to Today's Turkey Cuts & Preparation



Information Courtesy of your
Indiana Turkey Farmers

www.yourindianaturkeyfarmers.com

Turkey Market Development Council
Purdue University, Animal Sciences
270 South Russell Street
West Lafayette, IN 47907
(765) 494-8517
ispa@purdue.edu

www.INpoultry.com
www.serveturkey.org

THAWING A WHOLE TURKEY

REFRIGERATOR METHOD: Thaw breast side up, in its unopened wrapper on a tray in the fridge. Allow at least 1 day of thawing for every 4 pounds.

COLD WATER METHOD: Thaw breast side down, in its unopened wrapper, with enough cold water to cover turkey completely. Change water every 30 minutes to keep turkey chilled. You will need about 30 minutes of thawing time per pound.

WHOLE TURKEY

COOKING METHOD	Roast (conventional oven)	Roast (convection oven)
COOKING TEMP	325° F	
TIME	8-12 lbs: 2.5-3 hrs	8-12 lbs: 1.75-2.25 hrs
	12-14 lbs: 3-3.75 hrs	12-14 lbs: 2.25-3 hrs
	14-18 lbs: 3.75-4.25 hrs	14-18 lbs: 2.75-3.25 hrs
	18-22 lbs: 4.25-4.75 hrs	18-22 lbs: 3.25-3.50 hrs
5 EASY STEPS TO ROASTING A TURKEY (unstuffed)	1. Thaw the turkey and remove neck and giblets from the neck and body cavities.	
	2. Preheat the oven to 325° F.	
	3. Place turkey breast-side up on a rack in a shallow roasting pan.	
	4. Insert a meat thermometer into the thickest part of the thigh, not touching bone.	
	5. Roast the turkey, uncovered, until the meat thermometer registers 170° F.	

TURKEY TENDERLOINS: Attached to the inside of the turkey breast, it is the highest quality cut on the turkey.

COOKING METHOD	Roast (conventional oven)	Broil	Grill
TEMPERATURE	400° F	High	Medium Heat
TIME	35 minutes	12 minutes	8-10 minutes
CHEF TIP	Tenderloins may be cut into medallions and cooked like breast cutlets. Cook to internal temp of 165° F.		

BREAST CUTLET: Half of the turkey breast is filleted off the bone, often cut into smaller portions for easier, more even cooking, one of the most versatile cuts.

COOKING METHOD	Pan Fry, Sear or Sauté
TEMPERATURE	Medium-High Heat
TIME	About 2 minutes per side
CHEF TIP	Works well with breading. Cutlets will brown when seared, or brown lightly when sautéed. Cook to internal temp of 165° F.

GROUND TURKEY: A great, lean substitute for other ground meats, can be purchased with varying levels of percent fat content to fit the goals of your favorite recipe.

COOKING METHOD	Sauté	Broil	Grill
TEMPERATURE	Medium-High Heat	High	Medium Heat
TIME	Until no pink remains		
CHEF TIP	Place burgers 3 to 4 inches from heat source. Turn burgers about halfway through. Cook to internal temp of 165° F.		

WINGS, DRUMSTICKS & DRUMETTES: The easiest and fastest cuts to cook, they love any kind of sauce you can dream up for them.

COOKING METHOD	Bake, Roast or Braise (conventional oven)	Pan or Deep Fry
TEMPERATURE	350° F	350° F
TIME	Until tender and browned	
CHEF TIP	Cook to internal temp of 165° F for wings and 175° F for drumsticks. Turn parts at least once during cooking to ensure uniform cooking.	

TO OUR FRIENDS AND COLLEAGES:

The INDIANA STATE POULTRY ASSOCIATION has a new address!



**On November 9, 2015 Purdue University broke ground on the
HOBART and RUSSELL CREIGHTON HALL of ANIMAL SCIENCES
& LAND O'LAKES CENTER FOR EXPERIENTIAL LEARNING.**

**Nearly two years later, and the building is complete.
The ISPA is moving into our new office, and we could not be more excited!**

Starting December 1st, our new address is:

**INDIANA STATE POULTRY ASSOCIATION
PURDUE UNIVERSITY - CREIGHTON HALL
270 SOUTH RUSSELL STREET**

WEST LAFAYETTE, IN 47907-2041

**◆ PHONE NUMBER: (765) 494-8517 ◆ EMAIL: ISPA@PURDUE.EDU ◆
WEBSITE: WWW.INPOULTRY.ORG**



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Our First Floor
Office Suite!

